

**GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES PROGRAM**

RP1203 - INTERPERSONAL COMPETENCE

COURSE OUTLINE

Winter 1996 - January 4, 1996 to April 11, 1996

Class Times: Tuesday 1:30 to 3:00 pm
Thursday 1:30 to 3:00 pm

Class Location: Room B207

Instructor: Harry Gaines

Office: H227

Office Hours: Monday 11:00 - 12:00/3:00 - 4:00
Wednesday 11:00 - 12:00/3:00 - 4:00

Phone: 539-2895 (office)

Prerequisite: None

COURSE DESCRIPTION:

This course develops basic skills and awareness in interpersonal communication and behaviour. It emphasizes self-understanding and the elements of interpersonal communication.

This course requires considerable self-examination, openness concerning one's own behaviour, and an orientation towards personal growth and change. Because of the personal nature of some assignments, these may, at the student's discretion, be presented in confidence to the instructor.

REQUIRED TEXT:

Looking Out/Looking In, Seventh Edition, Adler and Towne, 1993. Chapters 1 - 10, excluding chapter 7.

Readings from additional sources may be assigned during the course. If so, these will be placed on reserve.

CLASS FORMAT:

Classes will utilize a mixture of lecture, group discussion, role-playing, and class activities. Some activities may be videotaped for feedback purposes. Student participation is an essential element of the course.

COURSE OBJECTIVES:

Students will:

1. Define and discuss interpersonal communication using the components of an appropriate communication model.
 2. Effectively use a self-evaluation tool on a given interpersonal communication.
 3. Discuss the characteristics and development of self-concept and how it affects communication.
 4. Realize the individual differences related to perception and develop effective communication strategies to minimize misunderstandings.
 5. Discuss the role of emotions and cognition in effective communication.
 6. Understand and discuss the ambivalence of word and language usage and develop strategies for overcoming troublesome language.
 7. Discuss the characteristics of non-verbal communication and practice the interpretation of non-verbal behaviour.
 8. Discuss the dynamics of interpersonal relationships and self-disclosure.
 9. Explain the importance of communication climate and demonstrate skills in reducing defensiveness in a role-play situation.
 10. Identify the nature and styles of conflict and conflict resolution.
 11. Demonstrate a method of conflict resolution that utilizes assertion rather than aggression.
 12. Understand the importance of the role of culture in the development of communication styles.
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GRADING:

1. Assignments

50% Five (5) Communication Skills mini-assignments

Detailed instructions for the completion of the five assignments will be provided as material is covered in class.

All mini-assignments should be typed or legibly handwritten. Marks will be deducted for poor legibility, disorganization, or improper language usage.

NOTE:

- * No more than one resubmission opportunity per mini assignment will be provided. A 10% penalty will be applied to resubmissions.

2. Tests and Exams

There will be two unit tests and a final exam. The final exam, which will include covering material from the third unit, will be written during exam week.

30% Each unit test will be worth 15% of the final grade.

20% The final exam will cover material from the entire course.

NOTE: Students who have maintained a grade of 80% or better on BOTH unit test may choose to write a final unit test instead of the final exam. In this case all unit tests will be equally weighted. The final unit tests will be written at the same time as the final exam.

GRADES:

9	90 - 100%
8	80 - 89%
7	72 - 79%
6	65 - 71%
5	57 - 64%
4	50 - 56%
3	45 - 49%
2	26 - 44%
1	0 - 25%